

## A quick guide to understanding sciatica

What is sciatica? If you've ever experienced numbness, tingling or pain in your leg, chances are you've experienced this common problem.

Sciatica gets its name from the sciatic nerve, a large nerve that branches out from the spinal column in the lower back, passes through the buttocks, and extends down the back of your leg, all the way to your foot.

For a variety of reasons, the nerve can become compacted or pinched, resulting in a tingling sensation, numbness and extreme, debilitating chronic pain that can leave sufferers on their backs (or any other position that alleviates the pain) for months.

In severe cases, sciatica can even cause weakness, loss of movement and motion, and a condition of neuropathy - damage to the nerves themselves.

### **What causes sciatica?**

As mentioned, sciatica is caused by pressure on the sciatic nerve - the most common cause of sciatica is a bulging or herniated disc in the spine pressing against the nerve roots that lead to the sciatic nerve. A soft, gel-like disc cushions each spinal vertebra.

These discs can weaken and lose shape, resulting in a bulge that puts pressure on the nerve.

People who are overweight or who sit a lot are susceptible to herniated discs and sciatica. The condition is also genetic - you can inherit it from your parents. If you have sciatica or chronic pain, be sure to talk to your healthcare practitioner.

### **How is sciatica treated?**

Sometimes sciatica can be treated with common painkillers such as Ibuprofen, but if the pain is severe it may be necessary to stay off your feet and stay on the couch for a week or more to give the disc time to heal.

If you sit for work (and most of us do), try not to sit for too long, and try to exercise throughout the day. Walking is another common treatment, as is losing weight.

### **Spinal Decompression can help**

Spinal Decompression is painless, drug-free, non-surgical treatment available at Diversified health Clinic. Published scientific studies report effectiveness at 86% to 94%.

Spinal Decompression provides relief to severe back and neck pain sufferers by gently reducing the pressure within spinal discs. The bones of the spine are slowly and methodically separated using the state-of-the-art Kennedy Decompression Unit.

As the vertebrae are separated pressure is slowly reduced within the disc until a vacuum is formed. This vacuum "sucks" the gelatinous center of the disc back inside thereby reducing the disc bulge or disc herniation.

Significant disc bulge reduction removes pressure off the spinal nerves and drastically reduces pain and disability. This “sucking” vacuum also pulls much-needed oxygen, nutrients and fluid into injured and degenerated discs allowing the healing to begin.

The treatment motion is computer controlled to provide gentle and painless decompression of the injured spinal discs. Advanced decompression techniques separate slowly and cycle between brief moments of pulling and relaxing.

## Get treatment for sciatica at Diversified Health Clinic

Therapy sessions typically last less than 20 minutes and most people feel pain relief with as few as 6-12 treatments. It is important to remember however, that pain subsiding does not infer that your discs and spine are healed, so it's critical that patients stick with the treatment protocol prescribed by their practitioners in order to achieve the full value of the Decompression Therapy.



### Contact Diversified Health Clinic for more information

If you want help for sciatica, please contact us to schedule an appointment.

Contact us now 

Phone: 250-382-0018

Website: [www.diversifiedhealth.ca](http://www.diversifiedhealth.ca)